

## More Trainings ...



### **How can my program better use the resources it has?**

#### **Cost Control Training**

Learn how your program can better use the resources it has, both financial and otherwise.

### **I want to give more kids access to breakfast**

#### **Marketing and promoting school breakfast**

Technical assistance will be provided to assist schools in implementing new breakfast programs and promoting participation in existing programs.

### **I need input from the students & the community**

#### **Creating school health committees**

Schools will receive assistance with starting a school health committee comprised of school decision makers, food service staff, teachers, students and parents.

### **None of these programs fit the needs of my school**

Call the SNP office. There are many other areas of assistance available, or a program can be designed just for your school.

*In an effort to promote Senate Joint Resolution No. 2, Montana School Nutrition Programs has made these programs available through a partnership with the USDA and the Team Nutrition Program. A copy of the resolution is available by contacting School Nutrition Programs.*

### ***For More Information***

Office of Public Instruction  
School Nutrition Programs

PO Box 202501

Helena, MT 59620

Telephone: (406) 444-2501

Fax: (406) 444-2955

[www.opi.state.mt.us/schoolfood/index.html](http://www.opi.state.mt.us/schoolfood/index.html)



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*Montana School  
Nutrition Programs*

**Healthy  
Schools,  
Healthy  
Kids**



(406) 444-2501

*"Helping Our Children Grow & Learn"*

# Healthy School Environments



You may not have heard of Senate Joint Resolution No. 2 (SJ2). Passed in the 2003 Montana Legislature, SJ2 is a resolution that supports healthy school nutrition and physical activity environments in Montana.

This resolution is intended to communicate the necessity of healthful nutrition and physical activity environments for our children. School decision makers are encouraged to implement policies and procedures to make their schools healthier for students and staff.

## How do I get started?

*Identify places in your school where improvements could be made. Ask yourself ...*

- Does my school send students consistent nutrition messages?
- Is healthful food promoted and provided to students?
- Do students have daily opportunities for physical activity?
- Is the connection between good nutrition and school performance clear to students and teachers?
- Does the foodservice staff have the knowledge they need to provide healthful meals?

Questions like these can help identify where to start. If you are still unsure where to start, School Nutrition Programs offers training in using the self-assessment and planning tools explained in this brochure.



## How do I make changes?

After you have chosen a place to start, or if you need help choosing a place to start, the next step is to find partners to help you. This is where Montana School Nutrition Programs (SNP) comes in. SNP staff can help you by providing training, guidance, and one-on-one help. SNP will help you find ways to implement the goals of this resolution in your school. A list of the trainings that SNP has developed to meet this need is on the next panel. Please look at this list to see if any of the subjects apply at your school. If not, just give the SNP office a call, and a specialist will help you develop a plan to reach the specific needs of your school.



## Trainings Offered by SNP

### **Help! I don't know where to start!**

#### **Using the Centers for Disease Control (CDC) School Health Index**

This self-assessment and planning tool will help schools identify strengths and weaknesses in nutrition and physical activity policies and programs. This tool helps schools develop action plans to improve student health and motivate teachers, parents, students and the community.

**- OR -**

#### **Changing the Scene**

This healthy school environment improvement checklist is similar to the CDC's Index, but is focused on nutrition in the school environment. Developed by Team Nutrition, this training is geared towards food service managers and personnel.

### **We have a great school nutrition program, but we can't get kids to eat**

#### **Marketing and promotion of school meal programs**

School personnel will be trained in the use of effective marketing strategies. This will help schools that are struggling with competing food and beverage options and improve student perceptions of the programs.